



# NBRC Gym Schedule

## MARCH 21-27

NBRC will be open from 8:00am-5:00pm on Easter March 27th

|         | Monday                         | Tuesday                   | Wednesday                                   | Thursday                  | Friday                         | Saturday                       | Sunday                                      |                                |                           |                                |  |                        |
|---------|--------------------------------|---------------------------|---|---------------------------|--------------------------------|--------------------------------|---|--------------------------------|---------------------------|--------------------------------|--|------------------------|
| 6:00am  | Open Gym<br>6:00-7:30          | Open Gym<br>6:00-7:45     | Open Gym<br>6:00-7:30                       | Open Gym<br>6:00-7:45     | Open Gym<br>6:00-7:30          | Open Gym<br>6:30-8:30          |   |                                |                           |                                |  |                        |
| 6:30am  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 7:00am  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 7:30am  | Drop-in Fit For Life 7:30-8:30 | Drop-in MRT<br>7:45-8:30  | Drop-in Fit For Life 7:30-8:30              | Drop-in MRT<br>7:45-8:30  | Drop-in Fit For Life 7:30-8:30 |                                | Open Gym                                    |                                |                           |                                |  |                        |
| 8:00am  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 8:30am  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 9:00am  |                                |                           |   |                           |                                | Barbell Circuit<br>8:30-9:30   | Drop-in<br>CoEd<br>Volleyball<br>8:00-12:00 |                                |                           |                                |  |                        |
| 9:30am  |                                |                           |   |                           |                                | Open Gym                       |   |                                |                           |                                |  |                        |
| 10:00am |                                |                           |   |                           |                                | Drop-In Ayre<br>10:15-11:15    |   |                                |                           |                                |  |                        |
| 10:30am |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 11:00am |                                |                           |   |                           |                                | Spring break<br>camp 8:30-4:30 | Spring break<br>Camp 8:30-4:30              | Spring break<br>camp 8:30-4:30 | Spring<br>Break 8:30-4:30 | Spring Break<br>Camp 8:30-4:30 |  | Open Gym<br>12:00-4:00 |
| 11:30am |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 12:00pm |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 12:30pm |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 1:00pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 1:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 2:00pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 2:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 3:00pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 3:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 4:00pm  | Drop in BB                     | Drop In BB                | Drop In BB                                  | Drop in BB                | Drop In BB                     |                                | Setup                                       |                                |                           |                                |  |                        |
| 4:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 5:00pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 5:30pm  | Drop-in HIIT<br>5:30-6:15      | Barbell Circuit 5:30-6:15 | Drop-in HIIT<br>5:30-6:15                   | Barbell Circuit 5:30-6:15 | Open Gym<br>5:00-7:30          |                                | Basketball<br>Leagues<br>4:30-7:30          |                                |                           |                                |  |                        |
| 6:00pm  | Takedown                       |                           | Takedown                                    |                           |                                |                                |   |                                |                           |                                |  |                        |
| 6:30pm  | Open Gym<br>6:30-9:30          | Women's Wkt<br>6:00-7:00  | Open Gym                                    | Women's Wkt<br>6:00-7:00  |                                |                                |   |                                |                           |                                |  |                        |
| 7:00pm  |                                | Open Gym<br>7:00-9:30     | Drop-in<br>Adult<br>Basketball<br>7:00-9:00 | Open Gym<br>7:00-9:30     |                                |                                |   |                                |                           |                                |  |                        |
| 7:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 8:00pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 8:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |
| 9:00pm  |                                |                           |   |                           |                                |                                | Open Gym                                    |                                |                           |                                |  |                        |
| 9:30pm  |                                |                           |   |                           |                                |                                |   |                                |                           |                                |  |                        |

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)